

HELPFUL HINTS

This guide will help you get the most food with your Vermont WIC Fruit and Veggie EBT Card.

Your fruit and vegetable purchase must be equal to or less than the balance available on your WIC Fruit and Veggie EBT card. There are three ways to check your balance before you shop:

1. Call the Toll-Free Customer Service line at 1-877-373-8715
2. Go to www.ebtedge.com and log in to view your account
3. Check the receipt from your most recent purchase this month

Your Fruit and Veggie benefits expire after the last day of every month, so make sure to spend it all.

Fresh produce will spoil over time, so select carefully and buy only enough for a few days. Use coupons and store savings cards to get the most for your purchase.

You can use your card to purchase fresh, canned and frozen fruits and vegetables. Allowed foods are listed on the other side of this guide. Use the instructions below to estimate the cost of your fresh fruit and vegetable purchases.

SHOPPING TIP: ESTIMATING COST

When you purchase fruits and vegetables priced by the pound, complete the following steps:

1. Place the item on the grocery scale
2. Round the weight up to the nearest half-pound or pound
3. Estimate the cost of the item using the chart on the back



COST ESTIMATION CHART

Price per pound	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.
\$0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47
\$0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77
\$0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07
\$0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37
\$0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67
\$0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97
\$1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27
\$1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57
\$1.29	\$1.29	\$1.94	\$2.58	\$2.23	\$3.87
\$1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17
\$1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47
\$1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77
\$1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07
\$1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37
\$1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67
\$1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97
\$2.09	\$2.09	\$3.14	\$4.18	\$5.23	\$6.27
\$2.19	\$2.19	\$3.29	\$4.38	\$5.48	\$6.57
\$2.29	\$2.29	\$3.44	\$4.58	\$5.73	\$6.87
\$2.39	\$2.39	\$3.59	\$4.78	\$5.98	\$7.17
\$2.49	\$2.49	\$3.74	\$4.98	\$6.23	\$7.47
\$2.59	\$2.59	\$3.89	\$5.18	\$6.48	\$7.77
\$2.69	\$2.69	\$4.04	\$5.38	\$6.73	\$8.07
\$2.79	\$2.79	\$4.19	\$5.58	\$6.98	\$8.37
\$2.89	\$2.89	\$4.34	\$5.78	\$7.23	\$8.67
\$2.99	\$2.99	\$4.49	\$5.98	\$7.48	\$8.97
\$3.09	\$3.09	\$4.64	\$6.18	\$7.73	\$9.27
\$3.19	\$3.19	\$4.79	\$6.38	\$7.98	\$9.57
\$3.29	\$3.29	\$4.94	\$6.58	\$8.23	\$9.87
\$3.39	\$3.39	\$5.09	\$6.78	\$8.48	\$10.17
\$3.49	\$3.49	\$5.24	\$6.98	\$8.73	\$10.47
\$3.59	\$3.59	\$5.39	\$7.18	\$8.98	\$10.77
\$3.69	\$3.69	\$5.54	\$7.38	\$9.23	\$11.07
\$3.79	\$3.79	\$5.69	\$7.58	\$9.48	\$11.37
\$3.89	\$3.89	\$5.84	\$7.78	\$9.73	\$11.67
\$3.99	\$3.99	\$5.99	\$7.98	\$9.98	\$11.97

HealthVermont.gov

Vermont WIC FRUIT AND VEGGIE EBT CARD



Buying Guide

HealthVermont.gov

Vermont WIC is an equal opportunity program.

WIC WOMEN
INFANTS
CHILDREN
We nourish families.

VERMONT
DEPARTMENT OF HEALTH

FRESH FRUITS AND VEGETABLES

Allowed:

- Any variety of fresh, organic or non-organic vegetables and fruits except white potatoes* (fresh sweet potatoes and yams are allowed)
- Bagged salad mixtures, bagged vegetables

Not Allowed:

- White potatoes*
- Items from salad bar, party trays or bowls, fruit baskets, decorative vegetables and fruits, dried fruits
- Nuts, including peanuts, fruit/nut mixtures
- Herbs, spices, salad dressings, salad kits



CANNED FRUITS

Allowed:

- Any brand and container type (metal, plastic, glass)
- Any size (except single-serving packages)
- Any organic or non-organic plain fruit, plain fruit mixtures (except fruit cocktails) packed in water or juice
- Applesauce (unsweetened only)

SHOPPING TIP: CANNED FRUIT

Choose containers that say:

- "In its own juice"
- "In unsweetened juice"
- "In juice from concentrate,"
- "Naturally sweet" or "100% natural"
- "100% pure fruit and juice"

Not Allowed:

- Fruit cocktails, cranberry sauce, pie filling
- Fruit canned in any syrup (heavy, light, naturally light, extra light, etc.)
- Fruit with added sugar or sweetener (lightly sweetened in fruit juice, etc.) or nectar
- Fruits with added salt, fat or oils
- Single-serving packages (lunch packs)



CANNED VEGETABLES

Allowed:

- Any brand
- Any size can
- Any organic or non-organic plain vegetable, plain vegetable mixtures (without potatoes)
- Tomatoes, including whole, crushed, diced, and pureed
- Regular or low sodium

Not Allowed:

- White potatoes*, sweet potatoes, yams, or sauerkraut
- Pickled or creamed vegetables (including creamed corn, whole or sliced pickles)
- Salsa, sauces (pizza, spaghetti or tomato), stewed tomatoes or tomato paste
- No canned beans or mature legumes of any kind (e.g. baked beans, pork and beans, black-eyed peas, garbanzo, black, kidney, navy, lima or pinto beans, soybeans, split peas, or lentils)
- Soups, ketchup, relishes, olives or other condiments
- Products with added sauces, fats, or oils
- No glass containers



FROZEN FRUIT

Allowed:

- Any brand bag or box
- Any size (except single-serving packages)
- Any organic or non-organic plain fruit, plain fruit mixtures with no added sugar or artificial sweetener

SHOPPING TIP: FROZEN FRUIT

Choose containers that say:

- "Naturally sweet" or "100% natural"
- "100% pure fruit"
- "No artificial sweeteners added"
- "IQF" (Individually Quick Frozen, with no added sweeteners)

Not Allowed:

- Products packaged in tubs
- Any ingredients other than plain fruit (may not include sugar or any artificial sweeteners)



FROZEN VEGETABLES

Allowed:

- Any brand or package type
- Any organic or non-organic plain vegetable, plain vegetable mixtures (without potatoes*)
- Any size (except single-serving packages)
- With or without salt

Not Allowed:

- Single-serving packages
- Potatoes in any form (french fries, hash browns, tater tots or other shaped potatoes, etc.)
- Vegetables with sauces
- Vegetables mixed with pasta, rice or any other ingredients

SHOPPING TIP: FROZEN VEGETABLES

Choose containers that DO NOT say:

- "Seasoned," "Flavored" or "Breaded"
- "With cheese" or any other kind of sauce

* White potatoes are any potatoes other than sweet potatoes and orange yams. **Only fresh** sweet potatoes and yams are allowed.